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NEWS WORTH SHARING.

LAYOVER? DON'T PASS OVER L.A.

WEST HOLLYWOOD HAS SO MUCH TO OFFER THAT YOU WON'T NEED WHEELS PAGE 19

Funeral held for six of the mass murder victims

Loved ones say final goodbyes at a chapel in Edmonton PAGE 10

Calgary Transit recruiting women

Recruitment for peace officers is underway, and there's a push for getting more females on the force PAGE 4

CALGARY DIGS OUT

Brette Culp shovels snow from the front entrance of SAIT's Bob Edwards Building in northeast Calgary on a chilly Tuesday afternoon. People across the city were doing much the same as some 10 centimetres of the white stuff fell. For more on the winter weather and its impact on city streets, head to page 3. ROBSON FLETCHER/METRO

Ethics boss clears Dirks 'reluctantly'

Byelections. Minister should not have announced new classrooms during campaign but didn't break law: Report

Education Minister Gordon Dirks' approval of modular classrooms for a school in his constituency while running in a byelection last fall appears to have been done for "purely political reasons" but didn't violate the letter of the law, according to Alberta's ethics commissioner.

In a strongly worded report published Tuesday, commissioner Marguerite Trussler said she "reluctantly" concluded that Dirks' actions didn't violate the Conflicts of Interests Act.

"However, having found that Minister Dirks did not violate the letter of the Act does not mean that his actions with respect to modular classrooms at William Reid School were appropriate," Trussler wrote.

Three ethics complaints were filed against Dirks in October, based in part on a Metro article quoting his campaign manager Alan Hallman, who defended the then-unelected minister's decision to greenlight the modulars at William Reid ahead of other schools that ranked higher on a Calgary Board of Education priority list for additional classroom space.

"The minister, he's going to look after Calgary-Elbow (and) made a stand," Hallman said on Oct. 24, a comment the ethics commissioner cited in her report.

Alberta NDP leader Rachel Notley, who filed one of the initial complaints last fall, said Tuesday the report shows how weak Alberta's ethics law actually is.

"The fact of the matter is, there are other jurisdictions that prohibit this kind of behaviour, and frankly, we should too," Notley said, referring to laws in Manitoba and Saskatchewan restricting government announcements during election campaigns.

Alberta Party leader Greg Clark, who also filed an ethics complaint against Dirks and lost to the education minister by 803 of 12,760 votes cast in the Calgary-Elbow byelection last October, said Alberta's ethics law is "weak" and Dirks' actions "sure feel wrong."

"Let's not forget, Jim Prentice was elected on a promise to clean up the PC party and clean up government," Clark said Tuesday. "What this shows is that Jim Prentice's hand-picked team will not behave ethically."

In a statement emailed to Metro on Tuesday, Dirks defended his actions, saying they "fully complied with the law," but added he would take the commissioners' critique over appropriateness into account.

"I appreciate the Ethics Commissioner's observations about perception and politics and I will be mindful of her comments and suggestions in the future," Dirks said. "I would like to thank the Ethics Commissioner for her work and her professionalism in this investigation. I am pleased this matter is now concluded."

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NEWS

Strathmore.

RCMP say woman may have called 911 before her death

Police believe a woman who died under suspicious circumstances in Strathmore may have called 911 during the last moments of her life.

Strathmore RCMP Staff Sgt. Kevin Reilly said investigators are still working to determine who called authorities around 1 a.m. Tuesday from a residence where the woman was found — she was the only person in the home when police arrived.

"We obviously don't know at this time who made that call," he said. "We suspect that it may be the same person."

Reilly noted RCMP are still in the early stages of the investigation and are currently gathering evidence and working to determine what happened.

He said officers were on the scene throughout Tuesday morning, and an RCMP spokesperson said officers would remain there as long as necessary.

Police have identified the victim but have not released her name, as officers are still trying to notify next of kin.

For many in the town of 12,000, about 50 kilometres east of Calgary, news of the woman's death was a shock.

"It's a small town, so things like that don't happen here very often," Katelyn Algar, a server at the Strathmore Station Restaurant, said in a phone interview with Metro.

Reilly said investigators believe the woman was a resident of Strathmore and said preliminary information indicates police have not been called to the residence before.

MORGAN MODJESKI/METRO

Calgary began the first phase of a seven-day snow plan Tuesday, starting with priority-one routes that see the highest traffic volume. METRO FILE

Calgary sees a month of snow in just a week

'Tale of two winters.'

Police receive nearly 200 reports of car crashes in 12-hour period on Tuesday

ROBSON FLETCHER
robson.fletcher@metronews.ca

In less than a week, Calgary has seen more snow than it typically receives for the entire month of January, according to Environment Canada.

The national weather agency's monitoring station at the Calgary International Airport recorded 10 more centimetres as of Tuesday afternoon, bringing the monthly total to 18.6 centimetres.

Environment Canada meteorologist Bill McMurtry said that exceeds the city's typical January snowfall of 15.3 centimetres.

"It's sort of the tale of two winters so far," McMurtry said, referring to the unusually dry and warm December that Calgary experienced prior to the cold and snowy January.

Last month saw 7.6 centimetres of snowfall, about half the typical amount for December, and far below the 52 centimetres that fell in December 2013.

Calgary roads spokeswoman Jessica Bell said the extreme variability in the snowfall between the past two Decembers was evident in the number of 311 service requests for snow and ice control on city streets.

Calgary 311 operators received 1,879 such requests last month. In December 2013, they received just shy of 11,000.

As snow continued to fall throughout the day Tuesday, Bell said city crews weren't expected to complete the first phase of snow clearing until the evening.

A snow-route parking ban had not been called as of press time, and while Bell said one isn't anticipated, the city isn't ruling out the possibility.

Calgary police received 193 reports of car crashes, 11 of them involving injuries, between 6 a.m. and 6 p.m. Tuesday as drivers struggled with snowy and slippery roads.

WITH FILES FROM HELEN PIKE/METRO

Reminder to riders

Calgary Transit is asking riders to bundle up and prepare for snowy weather along with delays.

- They said waiting at the top or bottom of a hill for the bus is best; drivers may not pick up if the stop is in the middle.
- Drivers are also asked to yield to buses.

Donors step up to support #CHHSLetsTalk

After an explosive first day blowing through their modest $500 donation budget, Crescent Heights High School's mental-health awareness campaign refuses to quit.

On Tuesday, the little hashtag that could, #CHHSLetsTalk, roared through over 18,000 social-media mentions.

Brett Rothery was hoping for a generous beneficiary to pick up where his principal left off to finish the campaign's three remaining days.

The first donor to step up and fund the next $500 was Vincent St. Pierre, a civil servant who has had family and friends struggle with mental-health issues. He followed the campaign from its infancy and decided it was time for him to step up and pay it forward.

"It's absolutely amazing what he's doing," St. Pierre said. "He's gathered a local group of students, engaged them, took a leadership role and then not only took that leadership role to his community at a very small level, he's expanded it.... All the leaders at Crescent Heights should be very impressed with themselves."

Now more donors are coming out, including the school's alumni, who have offered $1,000, and MLA Heather Forsyth offering another $250.

The campaign was an idea Rothery had with a small group of students. Mental-health awareness is a cause near and dear to his heart, as he himself struggled with depression.

Early Monday, the campaign reached 10,000 mentions, and at five cents per mention met the goal set by Rothery and his principal to donate $500 to the Canadian Mental Health Association. The campaign finishes Friday at 11:59 p.m.

HELEN PIKE/METRO

Brett Rothery poses by a banner for #CHHSLetsTalk, his online awareness campaign for mental health.
HELEN PIKE/METRO

New year, new fare

Calgary Transit ups adult cash, pass fees

If you're trying to make cents of the recent Calgary Transit fare increases, you're not alone.

The fare hike means digging for a little more change before riding the rails or bus — and change is always tough. But those paying a cash fare are few and far between, according to transit planning manager Neil McKendrick.

About 15 per cent of riders fork over their coins for the daily commute, and that number includes those paying for tickets at the electronic booths.

"Calgary Transit's operating costs are increasing at an even greater rate than our fares," said McKendrick, "At least 50 per cent of our operating costs have to be covered through fares."

This change in price comes as a result of a four-year fare increase plan.

Adult cash fares are up 15 cents to $3.15, adult monthly passes are up $3, and in September the youth monthly pass will rise by $5.

For those not looking forward to carrying all that spare change there's always the reimbursement envelope. If you pay more than your share, ask the driver for an envelope, fill it out and return it to a Calgary Transit office for a refund.

If you haven't heard of this process, you're not alone — McKendrick said it's rarely used.

HELEN PIKE/METRO

Calgary Transit hopes to hire more female peace officers

Recruitment. Women currently make up just eight per cent of the force

HELEN PIKE
helen.pike@metronews.ca

Annah McKain, an applicant, and Heather Ribey, a current peace officer, think more women should apply to become transit cops. HELEN PIKE/METRO

Recruitment for Calgary Transit peace officers is underway, and the tight-knit group of officers and supervisors is hoping to add more women to the team.

Out of 97 transit police, only eight are women — a number recruiters want to shift during this round of hires.

Heather Ribey has been on the force for six years, and she wouldn't work anywhere else.

"I actually consider myself one of the guys here," Ribey said.

She always wanted to be a police officer but loves the environment and the mix between enforcement and public service. She wants to see more women in uniform, but thinks awareness and fear deter some females from joining.

"Women are afraid to do our job ... I think they're just afraid to get into confrontations with difficult people," she said.

As a female officer, Ribey said she often brings an ability to de-escalate situations better than her male counterparts, and also offers female victims someone they feel comfortable talking to.

Annah McKain is an eager applicant looking to join. She found out about the peace officer positions only two years ago. She's worked in the Calgary Transit call centre and has a background in security.

"This is a good place to work and if you want to work here you've got to work for it," McKain said. "Everyone's scared to try it because they don't want to fail."

Ribey agreed that the reluctance of some women to sign up isn't about the physical demands of the job — adding there's always a partner to help you carry passed-out passengers from a CTrain — but the idea of failure in the application process.

She said it took her two tries to make it through the process.

At the end of the day, she said it's best to take a ride along and test the waters before going through the application process, something that goes for men and women looking into becoming a peace officer.

Recruitment session

More information about the recruitment process will be available on Jan. 8, from 6 to 8 p.m., at the Bow Valley College in downtown Calgary at 345 6 Ave. SE.

- The session will be held in the Theatre Room on the main floor of the north campus.

†Subject to credit approval. To be eligible, patients must complete the Custom LASIK procedure on both eyes by March 31, 2015. Cannot be combined with any other offer or discount. *Prices are subject to change without prior notice and vary based on prescription strength. Applicable on a procedure for both eyes only. Other conditions may apply.

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Chinook Arc, located in Barb Scott Park in the Beltline, was created by U.S.-based artists Joe O'Connell and Blessing Hancock. A City of Calgary program is now aiming to encourage more local artists to make submissions to the Public Art Program. ROBSON FLETCHER/METRO FILE

Course aiming to encourage local art

Professional development. Artists invited to learn how to submit proposals to city

Calgary is inviting up to 15 professional artists to take part in a course beginning later this month on how to successfully submit proposals to the city's Public Art Program in a bid to boost the number of locally produced pieces adorning public spaces.

Friday is the deadline to apply for the "Artists Working in Community" professional development course, set to run Jan. 24 to May 23.

The course ran last winter as well, and this year the city is bringing it back, extending the duration from eight weeks to nine.

Program co-ordinator Dawn Ford said the purpose of the course is "to study in-depth how you can integrate community into your public art practice" and to encourage more local artists to submit proposals that end up being permanently displayed in Calgary.

"Not only are we asking for more local artists but we're asking that all artists who come in involve the community in their project in some way," Ford said. "A lot of artists don't learn how to do that; it's not something you learn in school."

The often-controversial Public Art Program — which led to widely panned pieces such as Travelling Light (colloquially known as The Giant Blue Ring) near the airport but also more critically and publicly acclaimed displays such as Chinook Arc located in Barb Scott Park — was ordered a review by city council in December 2013.

At that time, several councillors suggested guaranteeing a certain percentage of projects be awarded to local artists, but Mayor Naheed Nenshi noted that would violate trade agreements signed by the provincial government.

"We are not allowed to have a local priority for anything that we tender," Nenshi said at the time.

Ford said the professional development course is aimed at local artists "so they can be better equipped to meet our calls."

ROBSON FLETCHER/METRO

Details

- To be eligible to take the course, participants must meet the city's definition of a "professional artist" and have experience managing a project with a budget of $10,000 or more.
- Five additional spaces are open to amateur artists to audit the course.
- For more information, search for "Opportunities for Artists" at calgary.ca.

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MLA. Two-time floor-crosser not running again

An Alberta Conservative MLA who crossed the floor twice says he won't run in the next election.

Rob Anderson, who represents the riding of Airdrie, announced the news on his Facebook page late Monday night.

The post says that he met with Premier Jim Prentice before Christmas to let him know he wouldn't be running again.

Anderson was first elected in 2008 as a Conservative but crossed the floor to join the Wildrose Party in 2010.

In December, he and eight Wildrose MLAs, including then-leader Danielle Smith, crossed the floor to join the Tories.

Anderson says in his Facebook post that he and his wife will purse careers in the private sector while spending more time with their four boys, aged five to 10.

"Serving as the MLA for Airdrie (and Airdrie-Chestermere prior to 2012) has been one of the greatest experiences and honours of my life. So many of my most cherished friendships and memories stem from my time in this role," Anderson said. THE CANADIAN PRESS

Additional interest

Smith not guaranteed PC candidacy

Former Wildrose leader Danielle Smith will not get a free pass to become the Progressive Conservative candidate in her constituency.

Suzanne Oel, president of the Progressive Conservative association in Highwood, said Tuesday a number of people have expressed interest in running for the party but wouldn't say how many.

Smith could not be reached for comment.

Three weeks ago, she made headlines across the country when she led eight Wildrose members across the floor to join the PC government.

Merger for progressives not too likely: Blakeman

Edmonton Centre MLA Laurie Blakeman CONTRIBUTED

Online post. Liberal MLA Laurie Blakeman bemoans 'no budging' on Liberal-NDP merger

RYAN TUMILTY
Metro in Edmonton

While MLAs on the right seemed to come together before Christmas, MLA Laurie Blakeman said it's unlikely you'll see the same thing on the left.

"I've tried for years, and there's no budging. Each party has a core of supporters that believe their party is the best, the one and only," the veteran Liberal MLA posted online.

Blakeman was unavailable for an interview, but in the post, she said she has often questioned why the parties don't work closer together.

"I think sometimes we spend more effort fighting each other than the PCs or Wildrose," she wrote.

She encouraged people to get involved in politics if they want to see this kind of change.

"I fear for even the few progressive MLAs we have now, so don't wait for someone else to fix this," she said.

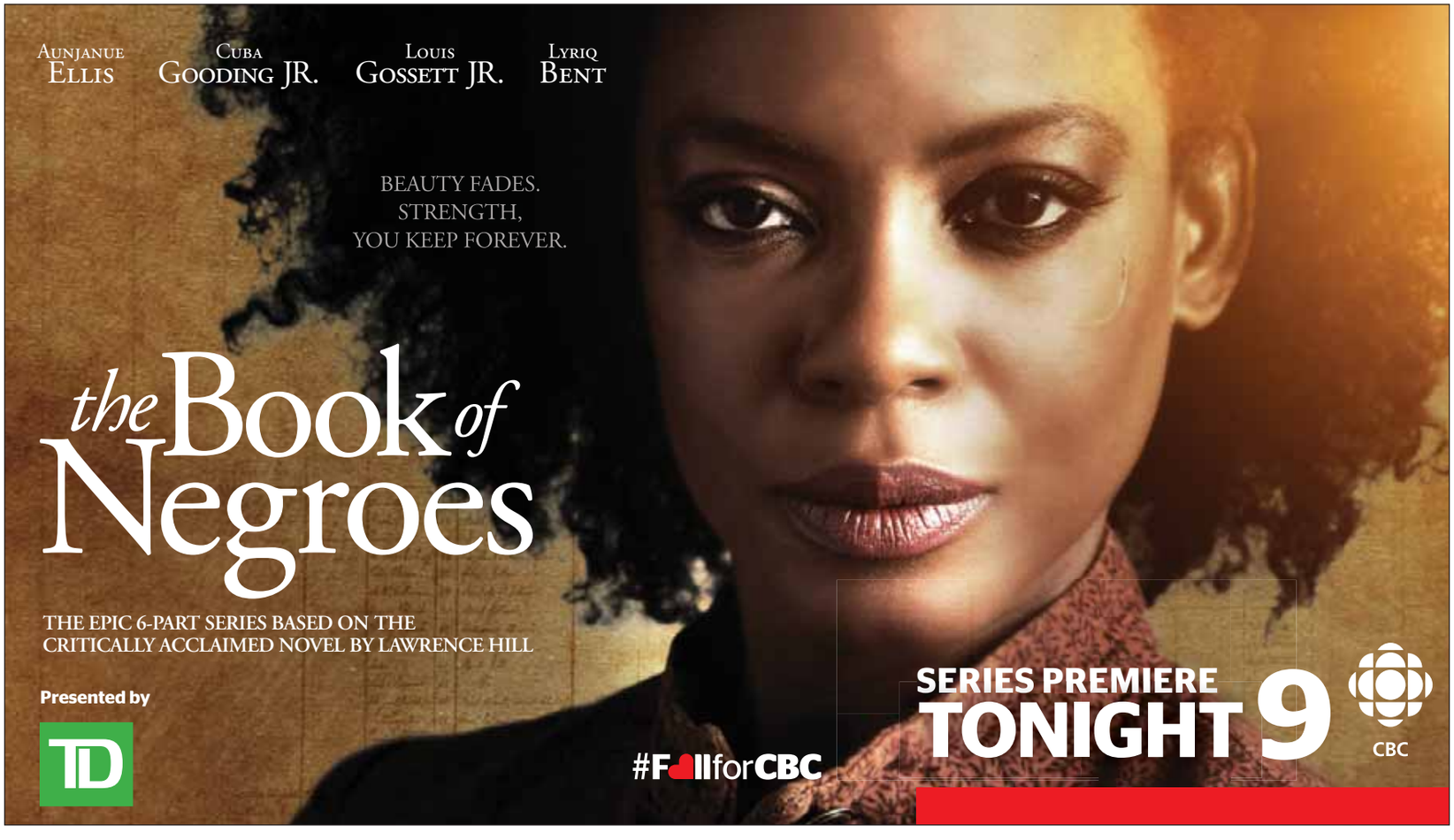
NDP leader Rachel Notley and Liberal leader Raj Sherman have both ruled out a merger, but Alberta Party leader Greg Clark said he would listen to his party's membership.

"It's up to them to tell me what they want me to do," he said.

Quoted

"I think sometimes we spend more effort fighting each other than the PCs or Wildrose."

MLA Laurie Blakeman, in an online post



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6039 Centre St. S

6100 Macleod Trail S

7825 Flint Rd. SE

Southwest

Bankers Hall

Bow Valley Square

The Core

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Westbrook Mall

Westhills Town Centre

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2008 33rd Ave. SW

4623 Bow Trail SW

Airdrie

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Cochrane

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Community gathers for murder victims' funeral

'You can't bring back time.' Friends cherish their happy memories of the lost

LEAH HOLOIDAY
Metro in Edmonton

Six pale wooden caskets sat at the front of a funeral home chapel Tuesday, each topped with a framed picture of a smiling face — victims in Edmonton's worst mass murder.

More than 100 friends, family and members of the Vietnamese community slowly filled the Howard & McBride Chapel of Chimes Funeral Home to honour Thuy Tien Truong, Elvis Lam, Thanh Ha Thi Truong, Valentina Nguyen, Thi Dau Le and Van Dan Truong, all shot and killed Dec. 29 by Phu Lam.

Family friend Neo Tran said it was a very sad day for everyone. After working with Thuy Tien Truong for the last 10 years, he said it's still unbelievable he'd be attending her funeral.

"In our company we called (Truong) 'mama' because ... she's really nice, always making coffee and food for people. That's the kind of people they are," he said.

Tran said his family knew Truong and her mother, Thi Dau Le, when they lived in Vietnam before they immigrated to Canada.

"My mom knows them because we used to live in the same neighbourhood," he said. "It's been really hard for my mom; that's why she didn't come today."

Along with those who knew the victim, other members of the community attended Tuesday's service to show their support.

Cuong Cao said that, even though he didn't know the victims, their death has affected the entire community.

"It's a horrible story," he said.

For Tran, treasuring the happy moments he shared with his friends is what they would have wanted.

"I guess tragically, life is like that. You can't bring back time. You can just hope that everything is good for the future, and that's what mama wants — she doesn't want us to be sad."

The caskets during the funeral for homicide victims in Edmonton on Tuesday. Eight people were killed during a murder-suicide by Phu Lam on Dec. 29. JASON FRANSON/THE CANADIAN PRESS

Robbery. Calgary police investigate northeast end 'armed home invasion'

City police are investigating a robbery that happened in Calgary's northeast end early Tuesday morning.

Police say that at roughly 4:45 a.m. officers were called to an "armed home invasion" in the 9700 block of 68th Street N.E.

When police arrived, four offenders had fled. Four residents were taken from the home for questioning.

During a search, police found what appeared to be a gunshot blast to the ceiling and noted several rooms also appeared to have been rummaged through.

Police say no one was injured and witnesses are co-operating with officers to provide details of the incident.

METRO

New centres

Auditor general agrees to NDP proposal to assess how health facility priorities are set

Alberta's auditor general has agreed to an NDP request to investigate how the government sets priorities on when new health facilities are built.

NDP leader Rachel Notley made the request after accusing the Progressive Conservatives of making such decisions based on partisan politics.

She says it appears the government is understating the condition of some existing hospitals and moving projects up the priority list to benefit some PC members of the legislature.

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Allegations. Dalhousie refuses to name accused

Dalhousie University has rejected a request from the licensing body that governs Ontario's dentists to hand over the names of 13 dental students accused of posting sexually violent comments about women on a private Facebook page.

University spokesman Brian Leadbetter says the university in Halifax has an obligation to protect the privacy of its students.

He also restated the university's position in an email statement on Tuesday that the online comments were deeply offensive, degrading to women and unacceptable.

Irwin Fefergrad, registrar of the Royal College of Dental Surgeons of Ontario, said Monday the governing body wanted the names to make sure that if any of the students involved apply for licences in the province they would face tough questions from the college.

Fefergrad said that, if the names are withheld, the college would have to ask every Dalhousie graduate seeking a licence if they had been the subject of a complaint or an inquiry at the university.

University president Richard Florizone announced Monday that the school had suspended the clinical privileges of the 13 students. THE CANADIAN PRESS

Protests planned

Bill Cosby worried about disruption at Ontario shows

Comedian Bill Cosby promised his Canadian fans "the show of their life" Tuesday as he urged them not to get involved if protesters disrupt any of the shows he has planned in Ontario this week.

Cosby's international tour rolls on despite growing allegations of sexual assault against the veteran TV star, with scheduled stops in Kitchener on Wednesday night, London on Thursday and Hamilton on Friday. Protests are being organized outside the shows. THE CANADIAN PRESS

Bride can keep dowry after split, judge rules

Court battle. Groom's family gave his bride half-ownership of a $1-million Ottawa home, now source of a dispute

An Ottawa judge's decision on a dowry case leaves the husband's parents without a claim to 50 per cent interest of an Ottawa home. Shakiba Banifatemi and Ahmad Abdollahpour split up in Dec. 2013. CONTRIBUTED

She was a beautiful, young exchange student from Iran. He was a handsome, well-spoken Canadian from a well-heeled Iranian family in Ottawa.

They met in calculus class at Carleton University, fell in love and just over a year later, the two 20-somethings got hitched in a lavish ceremony.

In keeping with Iranian tradition, the groom's family gave the bride a generous gift — half ownership of a $1-million Ottawa home — a "dowry" that is the source of a bitter dispute between the now-separated couple and their families.

Last week, an Ottawa judge dismissed the husband's family's claims for an order that the bride, 23-year-old Shakiba Banifatemi, transfer her portion of the property back to her ex's parents.

The judge also dismissed claims for orders that she reimburse them for the cost of the wedding — around $50,000, the groom's mother says — and return any wedding gifts.

According to the judge, the Abdollahpours alleged Banifatemi "acted fraudulently by tricking" them into gifting her partial ownership of the home and having their son sponsor her for permanent residency.

They also alleged Banifatemi's Iran-based father told them all gifts would be returned if Banifatemi "left the marriage or acted inappropriately" toward the groom, 26-year-old Ahmad Reza Abdollahpour.

Justice Robert Smith found that the evidence did not support the allegations.

"The gift was made without any expectation of remuneration but with the expectation that Shakiba would marry Ahmad, which occurred," Smith said in his reasoning.

"Sometimes things don't work out, unfortunately, but you can't go back a year and a half or two years later and allege that there was fraudulent intent," said Banifatemi's lawyer, Kevin Kavanagh.

The family is unsure if they'll appeal the judge's decision, they told Torstar.

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In this courtroom sketch, Boston Marathon bombing suspect Dzhokhar Tsarnaev, third from right, is depicted with his lawyers and U.S. District Judge George O'Toole Jr., right, as O'Toole addresses potential jurors at the federal courthouse on Tuesday in Boston. JANE FLAVELL COLLINS/THE ASSOCIATED PRESS

Jury selection begins in Boston terror trial

Marathon bombing. More than 400 potential jurors got their first look at the man charged with plotting attack

As prospective jurors got their first look at Dzhokhar Tsarnaev, the young man accused of bombing the renowned Boston Marathon, it became clear that choosing a jury in the closely watched terror case would not be a quick or simple process.

U.S. District Judge George O'Toole Jr. told the first 400 people called for jury duty that choosing a panel of 12 jurors and six alternates for the highly anticipated trial was expected to take at least three weeks.

He told the potential jurors not to think of the trial as "an annoying burden," but as a needed service and an "important duty of citizenship."

Tsarnaev is accused of planning and carrying out the twin bombings that killed three people and wounded more than 260 others near the marathon's finish line on April 15, 2013. Prosecutors say Tsarnaev and his brother, now dead, also killed an MIT police officer several days after the bombings.

The prosecution and Tsarnaev's lawyers have begun the process of trying to find fair and impartial jurors. Jurors must also be willing, if Tsarnaev is convicted, to consider imposing the death penalty in a state that abolished its own death penalty three decades ago. Tsarnaev is being tried under the federal death penalty.

Defence lawyers have asked repeatedly that the trial be moved from Boston, where the bombings had a deep emotional impact. O'Toole has refused so far.

Prosecutors say Tsarnaev and his brother, Tamerlan Tsarnaev — ethnic Chechens who had lived in the United States for about a decade — carried out the bombings in retaliation for U.S. wars in Muslim countries. Tamerlan, 26, died in a gunfight with police days after the bombings.

The defence is expected to argue that Dzhokhar had a difficult childhood and fell under the influence of his older brother.

THE ASSOCIATED PRESS

New York

Three questioned in police shooting

Three suspects were being questioned Tuesday about the shootings of two New York City plainclothes police officers responding to a grocery store robbery, authorities said.

One of the suspects was seen on a surveillance video from the crime scene in the Bronx, police said. Both officers are listed in stable condition. The shooting occurred around 10:30 p.m. Monday. The officers were coming off their shift when they and three other plainclothes officers responded to the robbery report.

THE ASSOCIATED PRESS

Texas. Gunman, one other killed at veterans' clinic

A gunman opened fire at a veterans' medical clinic in West Texas on Tuesday, killing one other person, officials said. The gunman was also killed.

Investigators did not say whether the gunman killed himself or was killed by someone else. They also did not provide any details on the victim or the gunman or provide a possible motive for the shooting.

Fort Bliss Maj. Gen. Stephen M. Twitty said the shooting happened at the El Paso Veterans Affairs Health Care System's clinic, which is in a complex that includes the William Beaumont Army Medical Center. The entire complex was locked down Tuesday as authorities responded to the shooting.

"The alleged shooter is dead, and we have one casualty. That casualty is deceased. All other VA patients and staff are safe," said Twitty, commanding officer of nearby Fort Bliss.

"Everything is under control and there is no immediate threat to Fort Bliss or the local community," he said.

The VA clinic will be closed Wednesday, said its acting director, Peter Dancy.

THE ASSOCIATED PRESS

Toshiyuki Osawa, president of Sharp Electronics Corporation, introduces Sharp 4K Ultra HD televisions Monday at the International CES in Las Vegas. Also known as Ultra HD, 4K offers four times the sharpness of today's high-definition video. JOHN LOCHER/THE ASSOCIATED PRESS

Gadget show profiles 4-times-as-sharp TVs

International CES. Curved TV sets, Ultra HD and Internet-only television aimed at cord-cutters some of the hottest trends

One of the biggest changes in television this year will be an increase in channels available online, with no separate cable or satellite subscription.

At the International CES gadget show in Las Vegas on Monday, Dish Network unveiled an Internet-only subscription offering in the U.S. that includes ESPN. Sony Corp. also has an Internet television service, PlayStation Vue, expected to debut by the end of March.

Now that 4K — also known as Ultra HD — TV sets have dropped in price, with some models available for less than $1,000, TV makers are looking for ways to make their sets stand out. 4K offers four times the sharpness of today's high-definition video.

Sharp is turning to an engineering trick to make its high-end 4K set look even sharper. While TVs typically show colours by mixing red, green and blue subpixels, Sharp's top-of-the-line model will add yellow as a fourth subpixel to improve colours.

Sony is also introducing new 4K television models this year. At a news event, the company promised to create more 4K content to watch on those sets. Sony said four popular shows — The Goldbergs, The Blacklist, Masters of Sex and The Night Shift — will soon be available in 4K. It also said it's working with partners including Netflix and YouTube to deliver more 4K streaming video.

Samsung is offering a premium line with better brightness and richer colours, not just increased sharpness. It uses a technology called quantum dot — essentially a layer of materials that allows for purer colours and a wider colour range. It will be called SUHD and cost more than regular 4K sets.

Samsung is also pushing curved TVs, including one high-end model with a flat screen that can bend, or curve, when the viewer wants a more immersive experience. LG announced quantum-dot and curved sets, too, including a bendable model. LG is also pushing organic LED screens with richer colours and pure black — the kind typically limited to smaller displays such as phones because of the price. THE ASSOCIATED PRESS

Market Minute

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Luxury brand

Coach expanding footwear collection

Coach, the luxury handbag and accessories company, is buying Stuart Weitzman Holdings for about $530 million US.

The deal is expected to bolster Coach's image while creating growth opportunities as it struggles to turn around its brand under new CEO Victor Luis. Some analysts worry the deal could be a distraction to its core business. THE ASSOCIATED PRESS

Venezuela

McDonald's serves yuca instead of fries

Venezuela's more than 100 McDonald's franchises have run out of potatoes and are now serving alternatives such as deep-fried arepa flatbreads or yuca, a starchy staple of traditional cooking.

A contract dispute with dock workers is being blamed. The dispute also caused several days of French-fry rationing in Japan last month. THE ASSOCIATED PRESS

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VOICES

ALL THE CONTENT, NONE OF THE GUILT

Metro's Matt LaForge doesn't feel bad about all the unblocking he's done on Netflix, but he wouldn't be able to explain why *nearly* as well without all the contraband he's watched

MATT LAFORGE
readers@metronews.ca

I have a confession that I'm almost excited to make, such is my lack of remorse over it: For more than three years now, I've been living in Canada but regularly watching what we up here call "American Netflix." I'm an inveterate unblocker. And, as Butch Coolidge said to Esmeralda Villalobos in Pulp Fiction, which I fondly remember streaming via American Netflix, I don't feel the least bit bad about it.

There's no way to know exactly how many unblockers this country harbours, but surveys suggest that the number is high. No surprise there: Unblocking is tempting (Parks and Recreation, It's Always Sunny in Philadelphia and the ESPN 30 for 30 documentary series vs. Mr. D) and it's easy (if you can use Google, you can do it). And, most important, until earlier this week, unblocking was improbably, spine-tinglingly consequence-free, like wearing a great-fitting pair of pants borrowed from a friend who has long since forgotten he ever owned them.

But the party may be ending. Last weekend, a couple of websites reported that Netflix had begun cracking down on unblockers. Then, on Monday, Netflix issued a statement that, in effect said, "We're not OK with unblocking, we never have been OK with unblocking, and we have a prerogative deriving from our obligations to the companies we license our content from to make sure that streamers are streaming from where they're supposed to be streaming from."

Well, OK then.

Look, I wasn't born yesterday. I know when it's time to return the pants. So, in light of Netflix's tough talk, I'm hereby cooling it on the unblocking until all this blows over. But do I feel bad about the unblocking I've already done? In the words of Long Duk Dong (Sixteen Candles, another illicit stream I look back on with tender affection), "No way, Jose!"

The main reason I feel this way is that Netflix got its money. Unblocking isn't file-sharing, which I might as well admit I've also done an inordinate amount of. When you download a movie torrent, the movie's copyright holder gets nothing. But when someone in Canada unblocks American Netflix, the Canadian copyright holders with whom Netflix has licensing agreements still get their pre-negotiated pieces of your $8 a month. The arrangement is not what any of the parties to the licensing deals had in mind, but, take it from me, it's relatively easy on the conscience.

The other reason is that Netflix sends mixed messages. We're talking about a company that has since Day 1 of my subscription been willing to let me share my login and password with my parents, my girlfriend, her parents, my sister, a few of my more trifling cousins, a couple of guys I at one time owed money to, and basically whoever else has troubled themselves over the past three years to so much as ask .

This is not to mention all the friends, relatives and acquaintances with whom the aforementioned are sharing my login and password, or to mention however many other of *their* respective friends, relatives, and acquaintances are cutting in on the action, and on and on and on, such that as we speak my sign-in credentials are spreading at the speed of shamelessness to every corner of an infinitely ramifying Brady Bunch-intro-style matrix of moochery.

The company that stood idly by when my dad called my sister one cold December night and said, "Get the hell off Netflix — your mother and I want to watch Wallander" when it could have insisted on making him pay his own $8 a month is now, all of a sudden, going by the book? You can't be serious. When anything-goes cool parents get a call from the truant officer and decide on a dime to become disciplinarians, they face what's called a credibility problem. Same goes here.

Hear this, fellow unblockers: We've had a great run, and in the event that this crackdown proves to be a bluff, we'll have another. Don't let misplaced guilt ruin it. To quote the tragically doomed Cyrus (The Warriors — you never forget your first unblock): "I say, the future is ours."

Ban on tobogganing a slippery slope

PAUL SULLIVAN
Metro in Vancouver

Winter is bad enough, so why are we making it worse?

It's true; cities all over North America are banning tobogganing for the same reason bureaucratic weasels ban anything: It's dangerous. OK, it's dangerous. Almost 230,000 kids were injured sledding in the U.S. in the decade between 1997 and 2007, according to the Center for Injury Research and Policy. But so is everything else. In that same reckless nation, about 275,000 kids suffer non-fatal bicycle injuries each year. About 82,000 kids are treated for trampoline injuries, and 61,000 kids are hurt skateboarding.

As far as I can tell, there are no statistics on the danger involved in getting up every morning, but few will argue that it is eventually fatal. Still, this tobogganing menace has to be stopped, and cities from Dubuque, Iowa, to Montville, N.J., have climbed on the ban-wagon. Closer to home, sledding is banned in Hamilton and numerous slopes in the GTA. They'd ban it in Vancouver if there was any snow.

Let's not forget that while they're busy banning winter fun in Iowa it's OK to drive around with a handgun, so what's the point? The point, of course, is that they're really afraid of lawsuits.

But bans don't even work. Some guy in Hamilton was awarded $900,000 after he injured his spine in a sledding accident, even though sledding is banned in Hamilton. The court decided that even though he was breaking the law, the city should have warned him about that snow-covered ditch. Really? This ban on tobogganing will take us down a slippery slope that's guaranteed to end in a wipeout.

There's a school in Toronto that has banned all balls except those foam Nerf balls. Try playing basketball with a Nerf ball. And there's a woman in Vaughan, Ont., who is trying to get the oak trees near the school chopped down because the acorns could cause anaphylactic shock in kids with nut allergies.

We're creating people who are good for only one thing: Texting with a helmet on.

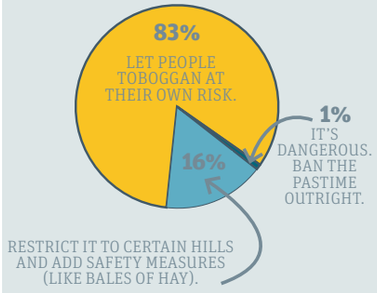
Meanwhile, the war on winter fun continues. Next up: The backyard skating rink. The city of Cornwall, Ont., ordered a family to dismantle its lovingly constructed rink because a neighbour complained and it violates various bylaws. The same thing happened recently in Sherbrooke, Que., where a neighbour complained that a local backyard rink was too "noisy."

Um, that's what fun sounds like. Banning sledding is one thing. The backyard rink is another. It's as Canadian as Tim Hortons, more so now that Tim's is owned by Burger King.

Ban the backyard rinks and you strike at the heart of Canadian hockey supremacy. We might as well just give back that junior hockey gold medal to Russia, where winter fun is compulsory.

We asked you:

HOW SHOULD CITIES HANDLE TOBOGGANING?


83%
LET PEOPLE TOBOGGAN AT THEIR OWN RISK.
1%
IT'S DANGEROUS. BAN THE PASTIME OUTRIGHT.
16%
RESTRICT IT TO CERTAIN HILLS AND ADD SAFETY MEASURES (LIKE BALES OF HAY).

Metro gets swabbed for OneMatch

Mark Watkin poses with Metro employee Jennifer O'Callaghan after she gets swabbed for OneMatch, the national stem cell donor registry. At any given time, close to 1,000 Canadians are waiting on a stem cell match. Watkin, who lost his daughter Sarah to cancer after she was unable to find a matching donor, is encouraging everyone to get swabbed and add their information to the registry. For more information, visit onematch.ca. LUKE SIMCOE/METRO

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Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Russell Crowe ALL PHOTOS: GETTY IMAGES

Crowe tells actresses: Act your age and you'll have role to play

Russell Crowe sat down with Australia's Women's Weekly — why, I'm not sure — and used the opportunity to take a certain generation of actresses to task for not acting their age.

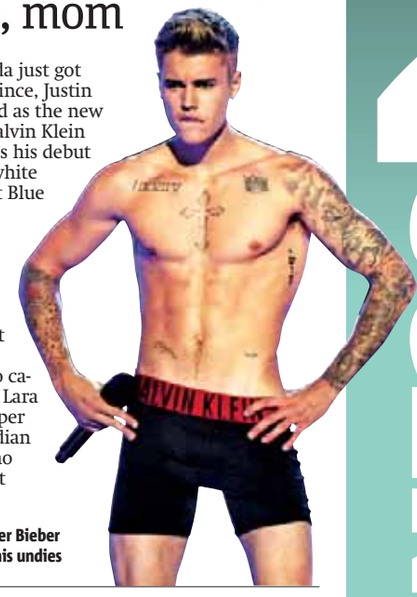
"To be honest, I think you'll find that the woman who is saying that (the good roles for women have dried up is) the woman who at 40, 45, 48, still wants to play the ingenue, and can't understand why she's not being cast as the 21-year-old," he says. "If you are willing to live in your own skin, you can work as an actor. If you are trying to pretend that you're still the young buck when you're my age, it just doesn't work."

Now, before you get out your pitchforks, Crowe has some anecdotal evidence to back up his claims.

"I have heard of an actress, part of her fee negotiation was getting the number of children she was supposed to have lessened," he says. "Can you believe this? This (character) was a woman with four children, and there were reasons why she had to have four children — mainly, she lived in a cold climate and there was nothing to do but fornicate all day — so quit arguing, just play the role."

Also, Crowe insists that he's given the same tough love to himself, saying, "The point is, you do have to be prepared to accept that there are stages in life. So I can't be the Gladiator forever." But come on, Russ. Some of us actually saw your dreadful Robin Hood. But hey, maybe it's a really, really recent revelation for him.

See, walking around with your skivvies showing does help, mom



The biggest ego in Canada just got bigger. Pop's reigning prince, Justin Bieber, has been unveiled as the new face — and body — of Calvin Klein Underwear. Bieber makes his debut in a series of black-and-white photos featuring his best Blue Steel and a suspiciously rounded and unrealistic bulge. He kicked things off with a six-second video feature showing him playing drums. We're pretty sure that, at least, is all Bieber.

In the ads, Bieber also cavorts with British model Lara Stone, who is a real trooper — and the wife of comedian David Walliams. Hey, who wants to just think about Marky Mark for a while?

Speculation started shortly after Bieber appeared at Fashion Rocks in his undies

Game of Thrones to take series finale to the Imax

Peter Dinklage as Tyrion Lannister in Game of Thrones.

The biggest show on television is about to get a lot bigger. Like, Imax bigger. HBO is supersizing its hit Game of Thrones, bringing the final two episodes of last season to Imax screens later this month along with an exclusive trailer for season five. The engagement runs Jan. 23 to 29, with tickets reportedly going on sale "in the coming days" at Imax's site — and possibly as early as today. So get on that.

The episodes and trailers will occupy 150 Imax screens across North America for the week, offering the first real glimpse of the new season, debuting in April, aside from a few vague clips online about three-eyed ravens and the vision "becoming clear."

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Book of Negroes brings female-led epic to life

Television. Star reflects on authenticity, slavery in new miniseries

HALEY RYAN
Metro in Halifax

Aunjanue Ellis on the set of Book of Negroes. JEFF HARPER/METRO IN HALIFAX

Miniseries debut

The Book of Negroes debuts tonight at 9 p.m. on CBC.

Aunjanue Ellis aged decades within hours, experienced years of love and despair within months — and took each day as if it were "a gift."

Ellis stars as Aminata Diallo in The Book of Negroes, a six-part miniseries based on Lawrence Hill's award-winning Canadian novel of the same name. Aminata is forced into slavery as a child and taken from West Africa during the 18th century to work on a plantation in the Deep South before going to Nova Scotia as one of the black Loyalists post-American Revolution, eventually finding her way home.

"When epic stories are told like this, it's usually from the male perspective, a male hero," Ellis said in a June interview from Mississippi. "Just the novelty of (this) was exciting to me, and the fact that her story spanned so many decades."

Ellis said she hadn't heard about the book before reading the script, but loves being involved with novel adaptations because there's so much source material on a character.

Aminata wants to be a storyteller and goes through her life with grace, empathy, and a detachment that allows her to observe the people around her, which Ellis said she found "incredibly aspirational."

"I was thinking in my own private time, 'What would Aminata do in this situation?'" Ellis said with a soft laugh. "To me, she was very real."

She had to have both a sense of growth and regression to play Aminata from her 20s to 50s, sometimes within a day, Ellis said, but she took it one day at a time rather than trying to portray an entire life in a three-month shoot.

"(It) was just me living as much as I could in the experience," Ellis said. "It was just a gift for me and for everybody."

By filming in searing heat in South Africa and freezing temperatures in Canada, Ellis said she's proud the series follows Aminata's footsteps — even though being attacked by mysterious bugs while running through the jungle wasn't exactly comfortable.

But director Clement Virgo wasn't interested in "comfort," Ellis said, adding the cast agreed it was important to be as authentic to the realities of slavery, including whippings and rape.

Ellis said when you put comfort ahead of what the character was experiencing, "you sacrifice all of that," so it was important to have actors who were respectful even though it felt like "jumping off a building."

"We were there to catch each other," Ellis said. "That made the rape scenes and the really hard, brutal, brutal stuff ... less traumatic."

Ellis said she hopes the story brings about an international conversation about how Aminata was placed in that situation, and how women and children are still experiencing violence, as with the kidnapping of Nigerian school girls in April.

"We sort of … dismiss it and go towards issues we think are more fundamental and that's unacceptable," Ellis said.

Lyriq Bent, who plays Aminata's love Chekura, said there is much black history Canadians aren't even aware of, but this story helps shed light on the thousands of people who fled to Nova Scotia from the U.S. before moving inland, recorded in The Book of Negroes as those who had helped the British.

"We need to understand our history so we can better our future," he said.

When you've got an L.A. layover, it's time to head to West Hollywood

Rest time. Nestled between Hollywood and Beverly Hills, this pocket of L.A. offers great outdoor options and nightlife

ANDREW JOHN VIRTUE DOBSON
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L.A. In A Day Bike Adventure explores a 50-kilometre loop of the city, including Venice Beach. ISTOCK

Each year thousands of Canadians find themselves connecting through LAX en route to Australia, New Zealand, Asia and beyond. Why not extend your layover in California and enjoy some of the luxuries L.A. has to offer?

It's even possible to enjoy this freeway sprawling city without ever renting a car.

Unpack at The Chamberlain Hotel, a design-driven urban oasis ideally situated on a tree-lined residential street in West Hollywood. Nestled between Hollywood and Beverly Hills, WeHo offers a perfect home base with so much to see just a hop, skip and a jump away.

The Chamberlain's well-appointed suites are a quiet and calm retreat from the hustle and bustle of the city's streets while its rooftop pool provides the perfect spot to splash through a margarita at sunset.

If energizing exercise and a breath of fresh air is something you need after a long haul flight, be sure to sign up for Bikes and Hikes' wildly popular L.A. In A Day Bike Adventure. Explore every nook and cranny of Los Angeles with a friendly guide via a 50-kilometre full-day pedal. The tour offers a truly unique view of the city, allowing guests to explore from Beverly Hills to Santa Monica Pier, Venice Beach and beyond.

Voda Spa is WeHo's best-kept secret and the perfect spot for those looking to fight jet lag, nurse that hangover or simply rest and relax. The treatments and saunas here reflect cultures from across the globe and include traditional Russian banya, Swedish cedar dry sauna and a Turkish wet steam bath.

Be sure to sign up for the signature platza treatment, a rigorous massage performed with venik — a leafy, fragrant bundle of oak, birch and eucalyptus, which soaks in warm water and is applied using rhythmic taps and strokes.

At night, head to DBA Hollywood, where film fans pack to the brim for an evening filled with song and dance.

The production team at For the Record puts on dazzling interactive musicals based on the work of famous Hollywood directors with past triumphs including Scorsese, John Hughes and Tarantino. The team is currently wrapping up an extended run of Baz Luhrmann, a three-hour extravaganza inspired by the Australian directors cinematic hits Strictly Ballroom, Romeo and Juliet, Moulin Rouge and The Great Gatsby. If you look closely through the dimly lit theatre you're sure to spot Rumer Willis (daughter of Demi Moore and Bruce Willis) who has performed in the last few productions.

The Chamberlain's rooftop pool is the perfect place to relax after a long leg of flying. ANDREW DOBSON/METRO

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New year

Put these spots on your 2015 trip list

ON THE MOVE
Loren Christie
life@metronews.ca

Kate and the Jolie-Pitts can't be wrong in picking Malta as a sojourn spot. ISTOCK

Looking to holiday somewhere out of the ordinary this coming year? I asked some industry experts to share some unique destination suggestions for 2015.

The Jolie-Pitts recently bestowed their celebrity endorsement upon Malta when they had a working honeymoon on this European island nation while filming By the Sea. This past season's racers on The Amazing Race showed us just how blue the waters of the Blue Grotto are when they rappelled down into this popular tourist attraction. And, if the Hollywood effect isn't enough, Malta should get some royal treatment in 2015. This past fall, the Duchess of Cambridge missed her first solo trip overseas when a visit to the republic was cancelled due to severe morning sickness. Cheapflights.ca predicts that she will plan a makeup visit in 2015 with royal baby No. 2 in tow.

Having come off 2014 as the host of the FIFA World Cup and preparing to again welcome the world for the 2016 Summer Olympics, this is Brazil's gap year. According to travelzoo.ca, the country will open 400 new hotels over the next year, enticing more travellers to hot spots such as Rio de Janeiro and Iguazu Falls. Air Canada has increased its service to this South American hot spot by adding three direct flights between Toronto and Rio. If your curiosity is piqued, and you want to avoid the crowds and costs of an Olympic year, now is the time to go.

Topographically speaking, 2015 is the year to get high. July will mark 150 years since the first Matterhorn ascent and Zermatt, Switzerland is celebrating with open-air performances, festivals and sporting events. The 101-year-old Hörnli Hut, the starting point for a Matterhorn climb, will reopen after being refurbished. Meanwhile Salzburg, Austria will be alive with The Sound of Music as the Rodgers & Hammerstein's gem marks its 50th year. The city will host tours and singalongs.

Hit the Kootenay loop if you're looking for powder

Alpine. B.C.'s Powder Highway offers a laid-back way to enjoy some of the best skiing

Red Mountain near Rossland, B.C. THE ASSOCIATED PRESS

For many in the skiing world, the resorts of Canada's Powder Highway in British Columbia's Kootenay region are secrets they'd rather not share with the public.

The circuit links eight mountain resorts and many times more Nordic, heli- and cat-ski operations across 677 kilometres.

"There's very little out there that can rival the quality and terrain in the Kootenays," says Ian Johnston, a Vancouver transplant to Rossland where he skis at Red Mountain.

"If you want powder, you go to the Kootenays," he says. "If you go to party, you go to Whistler," referring to the better-known and massive ski resort that hosted the 2010 Winter Olympics, a nine-hour drive from Rossland.

Like most locals, Johnston grudgingly agrees that those along the Powder Highway need to share their light, airy powder bonanza with the world. The laid-back resorts offer miles of trails, massive quantities of vertical feet, heli-skiing and communities where skiing is a passion passed from generation to generation.

The gems along the highway through the pristine valleys of the western slope of the Rockies and the Purcell and Selkirk mountain ranges are: starting in the East Kootenay, Fernie Alpine Resort near the mining town of Fernie; Kicking Horse Mountain Resort west of the entrance to Yoho National Park; Kimberley Alpine Resort outside the picturesque city of Kimberley; Panorama Mountain Resort outside Invermere; and Revelstoke Mountain Resort west of Kicking Horse.

Moving into the West Kootenay region, Red Mountain Resort is minutes from the cities of Rossland and Trail, and Whitewater Ski sits above the trendy lakeside city of Nelson.

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Bahamas trek? Don't skip Nassau

Travel time. History, arts, culture and food — take a break from the incredible beaches

VAWN HIMMELSBACH
For Metro

One of the oldest cities in the Western Hemisphere, Nassau, has a distinctly colonial charm that is the historic heart of the Bahamas.

Nassau offers year-round cultural events and festivals like Junkanoo — an overnight street parade. THE BAHAMAS MINISTRY OF TOURISM PHOTOS

Get your Junkanoo on

Junkanoo is an overnight street parade, ordinarily held Boxing Day and New Year's Day from 2 a.m. to noon. In May, Nassau will host the Junkanoo Carnival, which is loosely modelled after Mardis Gras. Junkanoo troupes (from 500 to 1,000 members) in extravagant costumes wind their way through the streets of downtown Nassau to the hypnotic rhythms of goat-skin drums, brass horns and cowbells.

The Bahamas is made up of 700 islands, including cays and islets, amidst the world's third-largest barrier reef and some of the clearest water on the planet, with visibility up to 30 metres.

It's a paradise for sun, sand and surf, but for those who haven't been to Nassau — the capital and historic heart of the Bahamas, located on New Providence Island — there is now more reason to leave the resort and experience some Bahamian culture.

Nassau's ideal location — its main harbour is protected by Paradise Island, which has been developed as a playground for tourists with resorts, nightclubs and a casino — made it attractive to pirates back in the day.

Indeed, the British Colonial Hilton is built on the site of Old Fort Nassau, former residence of legendary pirate Blackbeard. Eventually, in 1718, British colonialists figured out how to navigate the waters and kicked the pirates out.

"Nassau is one of the oldest cities in the Western Hemisphere, almost 600 years old," said Ambrose Morris, communications manager with the Bahamas Tourist Office for Canada.

As a result, the city has a colonial charm, with several historic sites that are worth a visit, including Gambier, Adelaide and Fox Hill (three historic villages settled by liberated slaves in the 1800s).

While there is plenty of history here, Nassau is also transforming itself by investing in the revitalization of Bay Street, its downtown core, and offering year-round cultural events and festivals.

The Baha Mar is the Caribbean's largest resort project, slated to open this spring with 4,000 rooms across five branded resorts along Cable Beach — a three-kilometre stretch of powdery white sand bordered by swaying palm trees. But this project is also taking a sustainable approach: The installation of coral "antlers" along the shoreline promotes the growth of marine life and will eventually be covered by a living reef.

While in the Bahamas, "you've got to have the conch," Morris said.

Fresh conch is served up in fritters, deep-fried (cracked) and in salad (raw, like ceviche). Combine that with a local Kalik beer for a true taste of the Bahamas. For the best conch, Morris recommends heading over to Arawak Cay, named after the original West Indian inhabitants of the islands. Here, visitors can partake in the weekly fish fry, which offers up island cooking and local entertainment (this is where the locals go to eat fresh seafood).

"If you hop in a cab and say 'fish fry,' they know where to take you," Morris said.

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Are you suffering from professional envy?

Career. Instead of treating your career like a competition, focus on figuring out what matters to you.

RIANA TOPAN
TalentEgg.ca

Remember, it's as much about the journey to your dream job as it is finally getting it. Life's too short to concentrate on drawing online comparisons. ISTOCK

For a young professional, social media can sometimes be a challenge.

We're constantly being fed updates and information about what our friends and acquaintances are up to, making it easy for us to feel like what we are doing isn't measuring up.

While a bit of competition can be a good motivator, many students and grads can get caught up in their peers' successes.

If this sounds like you, here are a few ways you can handle your career envy.

Adjust your attitude

Remember that the things we see on social media are carefully chosen tidbits of information that reflect a person's best side.

Constantly comparing yourself to others will only frustrate and upset you. Take what you see with a grain of salt, and take a step back to get some perspective. The only person you should compare yourself to is you.

Keep in mind that building a successful career doesn't happen overnight. It takes time to cultivate skills, learn about your strengths and weaknesses, and work your way up to your dream job.

Even though you may feel pressured to reach certain professional milestones within a set time frame, there's value in trying things out and making a few mistakes along the way.

Rushing through the early stages of your career may mean you're less likely to end up where you want to be. You could miss out on some amazing opportunities because you didn't take the time to take advantage of them.

It can be fun to see what other people are up to, but if you're feeling overwhelmed by what your peers are doing, take a break from social media and use that time for reflection and career planning.

Take pride in the successes you have had so far.

Take action

If you're looking to get ahead professionally, there are many things you can, and should, do to move your career along.

Set goals for what you want to achieve professionally.

Having a sense of direction will make it easier for you to stay positive, because you'll remember that what matters most is your dedication to reaching your end goal — not whether your job title or salary are on par with that of your friends.

For example, if you've always wanted to learn a new language or take a business management course, there's no time like the present to make it happen!

Try talking to your boss about taking on extra responsibilities to gain new experience and skills.

Going the extra mile can help you make a positive impression on your employer — and your initiative will look great on your resumé too.

Volunteering is another great way to further your career — any volunteer position can help you to learn and grow, meet new people, and build up your CV.

Want to work your way up your company's corporate ladder?

See if you can meet, and ideally, treat, a high-level executive to a coffee or lunch. Ask them about their career journey: What advice can they can pass on to you to help you achieve your goals?

Get up and go

Your future is brighter than you think

- At the end of the day, what matters is that you feel good about what you've accomplished.
- Keep yourself motivated, but remember that there is no right or wrong path; all you can do is try to make good choices based on the information you have at a given time and work to continuously and actively invest in yourself and your future.
- A little bit of hard work, strategic thinking and careful decision-making can go a long way in helping you to take your career to the next level. It just requires some kind of action; you have to be ready and willing to get out there and do what you need to do.

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BOW VALLEY COLLEGE

Best course of study

Resolve to relax this semester

The after-holiday, back-to-school rush involves stress, sleepless nights and too much coffee. The key to studying effectively during this time, however, involves taking some breaks from quadratic equations, writing a superb thesis and memorizing every detail about the Crusades. Here are three ways to relax in between your cram sessions:

Break out the markers
You laugh, but nothing is more relaxing than colouring. Why do you think you loved it so much when you were in elementary school? So head to the bookstore and snag some markers, coloured pencils or a traditional yellow box of Crayola crayons.

Turn to the TV
Go ahead, give in to your desire to watch an episode of your latest television series addiction. Just remember not to get sucked into the vicious Netflix cycle (watch out for the dreaded auto-start on Netflix TV shows).

Remember to eat
Don't fool yourself into thinking that there simply isn't enough time to fuel up with some food (the stale Triscuits and Pepsi in your room don't count). Remember, your brain needs nourishment.

METRO NEWS IN NEW YORK CITY

Kramer, George, Elaine and Jer help medical students ID mental illnesses

Education. At medical school, psychiatry professor making Seinfeld about much more than nothing

Series study

"You have a very diverse group of personality traits that are maladaptive on the individual level."
Dr. Anthony Tobia

Medical students at Rutgers Robert Wood Johnson Medical School are learning about psychiatric disorders through Dr. Anthony Tobia's 'Psy-feld' teaching tool, NJ.com reports.

Tobia has created a database of teaching points using all the show's episodes. Third- and fourth-year medical students are assigned two episodes a week and then gather to discuss the psychopathology demonstrated on each.

"You have a very diverse group of personality traits that are maladaptive on the individual level," Tobia said.

"When you get these friends together, the dynamic is such that it literally creates a plot: Jerry's obsessive compulsive traits combined with Kramer's schizoid traits, with Elaine's inability to forge meaningful relationships and with George being egocentric."

His diagnosis of Newman? "Very sick."

His students sat around a conference table recently, analyzing an episode from the night before.

Third-year student Marlene Wang said that the exercise leads to having more practical and relatable examples than a textbook.

"In this way, it just gives you a more solid picture of the pathology rather than just giving you words," Wang said.

Tobia also teaches a course in which students tweet thoughts about characters' potential psychiatric disorders while watching films like Fargo.

THE ASSOCIATED PRESS

Picking apart Puddy

- Dr. Anthony Tobia has also written an academic paper that analyzes five of Elaine's boyfriends from the show to explain delusional disorder.

We've got lots to learn from this neurotic band of besties. THE CANADIAN PRESS/AP/COLUMBIA

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Get more out of your morning routine

Career. Three simple tips to help you step up your morning game and set yourself up for a happier, more productive day

As tempting as it is to get ahead of email as soon as you wake up, don't reach for your smartphone right after the alarm clock. Leave the chatting for later, and only after everything on your 'must list' is complete. ISTOCK

CELINE TARRANT
TalentEgg.ca

Are you the type of person who's always forgetting something after a hasty morning departure to work or school? The new year is a great time to set goals to increase productivity. You don't have to be a morning person to use the wee hours more effectively.

Here's how to do it:

Listen up

Your daily morning routine is a prime time to do a little creative multitasking and learn something new.

- Podcasts and audiobooks are great for keeping your knowledge up-to-date without eating into precious time. It's easy to put one on in the background while you are getting ready in the morning, and they're a good way to spice up a long commute as well.
- Take some time over the weekend to make sure the podcasts are working on your computer, tablet, or phone. Find some shows that align with your career or hobbies to benefit you in your career pursuit.

Minimize time-sucking tasks in the a.m.

Morning routines are full of time-consuming activities like choosing an outfit, making breakfast and packing lunch. These take far longer than they should when you're operating under an early-morning haze. Eliminate some stress and save time in the morning by taking care of these chores the night before. Decide what you're going to wear the next day, and lay all of it out ahead of time. This reduces the amount of time you need to spend getting ready, and you will look and feel more put together than if you left the fashion decisions for the morning.

Make and pack your lunch ahead of time so all you have to do is grab it and go. Select breakfast options that can be prepared the night before, and taken along on your morning commute.

Not only is this a major morning time saver, but you are far more likely to make a healthy choice when you prep ahead.

Choose a set location for important items like your keys, phone and wallet so they're right where you expect them to be in the morning.

Make your to-do list the night before

Instead of planning your day first thing in the morning, try making your to-do list before bed. When you wake up feeling stressed, it's easy to skip the list-making altogether and dive into your work so you feel productive right away.

Your to-do list should consist of a "must list" and a "wish list." The "must list" includes time-sensitive tasks that must get done. Your "wish list" is everything else.

Making your to-do list the night before helps you determine what your real priorities are (your "must list"), and mentally prepares you for the day ahead.

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Networking when you're between jobs

Career. Fill your time wisely while you're waiting to work

VICKI SALEMI
Metro in New York City

Most of us have been unemployed at some point for one reason or another. It's normal for self-esteem to plummet when you're between jobs. Maybe there were budget cuts and your position was abruptly eliminated. Whatever the situation, there are a variety of ways to keep marketing yourself when you've left a job but don't have a new one lined up.

LinkedIn

Update your LinkedIn profile to highlight your skills, but do not feel the urge to update your title to "consultant" or "professional seeking full-time work." Recruiting is a lot like dating, and although you want to get the word out, employers want to know you're a hot commodity.

Changing your title to something generic equates to sitting on the bench waiting to be asked to dance, even when you have lots to offer.

Business cards

Even if you don't have a job, you are still out there making connections. Get simple cards created as a way to easily give out your contact information. You don't have to break the bank, but ensure they include the essentials: your name, email, phone number and Twitter handle (if you have a professional feed).

Do you have a mission statement or a portfolio website? Feel free to include those as well. If you're in finance, going for a conservative black and white card is prudent.

But if you work in a creative field like graphics, feel free to include a sample design on the back. It's an easy way to stand out from the crowd, especially when your contact finds your card weeks later.

Try to stay positive between jobs by reading books about success and staying healthy. ISTOCK

Roll up robust flavours for dinner

Squash and Ricotta Rotelle. A rose sauce is a welcome alternative to more common red or white options

DINNER EXPRESS
Emily Richards
food@metronews.ca

Looking for something a little more fancy? Why not try this stuffed pasta dish for your next family get-together?

Make sure you check out the produce aisle for precut and peeled squash to speed up this recipe.

And if there is no time to make this rose sauce, simply add 35% whipping cream to some pasta sauce and you will have an instant rose you will love.

Swirls of pasta surround this pale orange filling that has added crunch from the hazelnuts.

No fresh pasta? Simply use about 24 dried lasagna sheets, cooked, and bake.

1. In a saucepan of boiling water, cook squash about 20 minutes or until tender. Drain and place in large bowl. Using potato masher, mash squash until smooth. Stir in ricotta, hazelnuts, parsley, cheese, garlic, pepper and salt.

2. Meanwhile, in a pot of boiling salted water, cook pasta for 2 minutes. Drain and rinse under cold water. Lay in single layer on clean tea towel and pat dry. Spread squash mixture evenly over pasta sheets, leaving 1/2 inch (1 cm) on one short end. Starting on opposite end, roll up jelly-roll style. Slice each roll into 8 pieces; set aside.

3. Rose Sauce: In saucepan, melt butter over medium-high heat. Add flour and cook, stirring for 1 minute. Whisk in milk and cook, stirring about 10 minutes or until thick enough to coat back of spoon. Add pasta sauce, salt, pepper and nutmeg.

4. Pour half of the sauce into a 13x9-inch (3 L) greased baking dish to cover bottom. Place pasta pieces in pan, overlapping slightly. Pour over remaining sauce to cover. Sprinkle with cheese. Bake in 375 F (190 C) oven about 25 minutes or until golden and bubbly.

Ingredients

- 6 cups (1.5 L) peeled and cubed butternut squash (about 2 lb/1 kg)
- 1 cup (250 ml) ricotta cheese
- 1/2 cup (125 ml) toasted chopped hazelnuts
- 1/3 cup (75 ml) chopped fresh Italian parsley
- 1/4 cup (60 ml) grated Parmesan cheese
- 1 small clove garlic, minced
- 1/2 tsp (2 ml) pepper
- 1/4 tsp (1 ml) salt
- 4 sheets fresh pasta

Rose Sauce

- 3 tbsp (45 ml) butter
- 3 tbsp (45 ml) all-purpose flour
- 3 cups (750 ml) milk
- 1/2 cup (125 ml) pasta sauce
- 1/2 tsp (2 ml) each salt and pepper
- Pinch fresh grated nutmeg
- 2 tbsp (30 ml) grated Parmesan cheese

This recipe makes eight servings. EMILY RICHARDS

Comforting Italian ideal for winter

This recipe for Lobster Manicotti Fra Diavolo serves five. MATTHEW MEAD/ THE ASSOCIATED PRESS

1. In saucepan over medium-high, heat oil. Add onion and cook until tender and beginning to brown, 8 minutes. Transfer half of onions to bowl. Add red pepper flakes and garlic to saucepan and continue to cook 4 minutes. Add tomatoes and cover. Cook, stirring occasionally, 20 minutes. Stir in lemon juice, then season with salt and pepper. Set aside.

2. Add lobster, ricotta and basil to bowl of onion. Stir to combine; season with salt, pepper.

3. Heat oven to 400 F. Bring pot of salted water to a boil. Spread 1/2 cup of sauce over bottom of a 9-by-9-inch baking dish.

4. Cook pasta in boiling water according to package directions, then drain. Working quickly and carefully with one sheet of pasta at a time, lay a pasta sheet flat in front of you. Spoon 1/4 cup of lobster-ricotta filling across bottom edge of pasta sheet. Roll pasta away from you, forming tube around filling. Lay the rolled and filled pasta on sauce in baking dish.

5. Repeat with remaining pasta sheets, filling and lining the manicotti in a row in the prepared pan. Spoon remaining sauce over tops of manicotti. Bake 25 minutes, or until sauce is bubbling and browning around the edges. Serve topped with basil and grated Romano.

THE ASSOCIATED PRESS

Ingredients

- 2 tbsp olive oil
- 2 medium yellow onions, chopped
- 1 tsp red pepper flakes
- 3 cloves garlic, thinly sliced
- 28-oz can crushed fire-roasted tomatoes
- 2 tbsp lemon juice
- Kosher salt and black pepper
- 7 oz cooked lobster meat, drained, patted dry and roughly chopped (about 1 mounded cup)
- 1 cup whole-milk ricotta cheese
- 1/4 cup chopped fresh basil, plus extra for garnish
- 8-oz box wide lasagna noodle sheets (10 sheets)
- Grated Romano cheese (optional)

Food around the world

India (vegan rating: 9/10)

MEAT AND VEG
meatandvegontheroad.tumblr.com
Photos: Suzi Staheli
Words: Eoin Weldon

Meat, a contented carnivorous writer, documents his and his vegan fiancée Veg's dietary journey as they travel and munch their way across four continents.

Veg: India is home to an estimated and staggering 500 million vegetarians, so Veg was never short of options. In one of many vegan-friendly restaurants in Hampi she had a ghee-free, cashew-vegetable curry served on a large leaf and accompanied by vegan naan instead of rice.

Meat: Goa is the go-to coastal tourist destination here, and the seafood was of a very high standard. Huge juicy shrimp starred in my favourite hot vindaloos, but on this occasion I went for a local Goan fish curry. A modest bowl of basmati rice came alongside a silver bowl of beautifully spiced curry that enveloped a soft flaky white fish. India truly tasted divine.

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UFC

Jones checks into drug rehab

UFC light heavyweight champion Jon Jones has entered drug treatment, the mixed martial arts promotion says.

The UFC announced Tuesday that Jones failed a random drug test last month.

The Nevada Athletic Commission says Jones tested positive for the main metabolite of cocaine, according to Yahoo Sports. Benzoylecgonine is not banned by the commission for out-of-competition use, so Jones wasn't penalized or suspended.

Jones defeated Daniel Cormier by unanimous decision at UFC 182 in Las Vegas last Saturday night.

THE ASSOCIATED PRESS

NHL

Bolts alone atop East after doubling up Canadiens

Tyler Johnson scored twice in a four-goal second period as the Tampa Bay Lightning won the matchup for top spot in the NHL Eastern Conference with a 4-2 victory over the Montreal Canadiens on Tuesday night.

Brett Connolly and J.T. Brown also scored for Tampa Bay (26-12-4), which moved two points clear of Montreal atop both the Atlantic Division and Eastern Conference standings.

Dale Weise and Max Pacioretty scored for Montreal (26-12-2), which holds two games in hand on the Lightning.

THE CANADIAN PRESS

Leafs forced to look in mirror after firing

NHL. Carlyle's dismissal puts pressure on Toronto's core group of players to crack playoffs

Randy Carlyle looks on from the Leafs bench during what turned out to be his last game as Toronto's head coach, a 5-1 loss in Winnipeg on Saturday. Carlyle, a native of Sudbury, Ont., who was fired on Tuesday, went 91-78-19 in 188 games as Leafs coach over parts of four seasons. MARIANNE HELM/GETTY IMAGES

The Toronto Maple Leafs face the Washington Capitals Wednesday and begin in earnest the process of moving forward after Randy Carlyle's firing.

But not before the Leafs' "core" group was questioned Tuesday about their ability, responsibility and accountability to become a different and more consistent team under new coaches Peter Horachek and Steve Spott.

"That is a very fair question for anyone to ask," Leafs captain Dion Phaneuf said when asked about the viability of the Leafs core group.

"The bottom line is we as players have got to get the job done. This is a result-oriented business and we are expected to win hockey games."

While Carlyle was fired Tuesday on the heels of a 2-5 road trip, the Leafs' core group shared the spotlight and the blame with their former coach for the team's performance, which has disturbingly trended backwards from a 10-1-1 winning streak prior to Christmas.

Phaneuf, Phil Kessel, Tyler Bozak, James van Riemsdyk, Joffrey Lupul, David Clarkson and Jake Gardiner have been shrouded in criticism ever since the Leafs forked over almost $250 million collectively over the life of their respective contracts (all are signed through 2018 and up to 2022).

Phaneuf, van Riemsdyk and several other Leafs, admitted culpability in Carlyle's dismissal.

Horachek stepped into the coaching void, and while the Leafs have not made their coaching situation official yet, Horachek and Spott are expected to co-coach, possibly for the remainder of the season.

Horachek, though, appears to be the coaching voice of the team for now. He's a former assistant in Nashville who had a strong relationship with Barry Trotz.

On the core group's performance, Horachek said he and Spott — assistants under Carlyle — are looking for better leadership.

"I can't talk to what's happened in the past ... all I can talk to is the last two months that I've been here," Horachek said.

"I think that's one area where I think we have to be more prepared mentally, purposefully, individually and have a better attitude to start practices and start games and to work through tough times.

"When things are difficult, that's when adversity hits, that's when you need leadership, that's when we need everyone to step up and be part of that. Every team in the league goes through tough times, in different ways, different styles of tough times. You all have to deal with it and you all have to move forward and you have to take that direction and do something positive with it.

"It's how you deal with it is what makes the difference.

TORSTAR NEWS SERVICE

Phil speaks up

"You think it's my fault? Is that what you're saying? I don't think so, I play, eh?"

Phil Kessel who took issue with a reporter's question Tuesday about being difficult to coach, calling it "a weird question" to ask

4 SPORTS

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Madden NFL

Court green-lights players' lawsuit against EA Sports

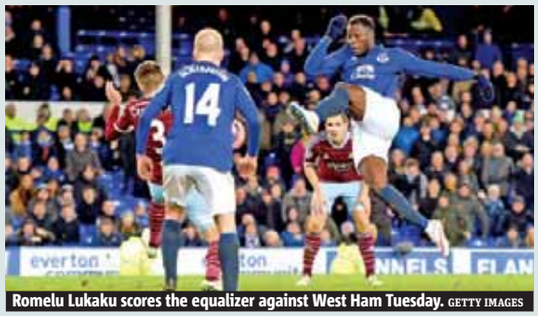
A federal appeals court gave the green light Tuesday to a lawsuit by former NFL players against video-game maker Electronic Arts over the use of their avatars in the company's Madden NFL series.

The 9th U.S. Circuit Court of Appeals sided with a district court that rejected EA's attempt to have the lawsuit thrown out. The 9th Circuit said EA was not likely to prevail on its argument that its use of the former players' likenesses was incidental and therefore protected by the First Amendment. The players said Madden NFL had players with their exact characteristics, but EA had not obtained their permission to use the figures. THE ASSOCIATED PRESS

FA Cup

West Ham held 1-1 at Everton

Everton striker Romelu Lukaku scored in injury time to earn his side a 1-1 draw at home to West Ham in the FA Cup third round Tuesday. West Ham broke through at Goodison Park when defender James Collins scored a header in the 56th minute. THE ASSOCIATED PRESS



Romelu Lukaku scores the equalizer against West Ham Tuesday. GETTY IMAGES

MLB

Giants pitcher undergoes surgery

Giants right-hander Tim Hudson has undergone surgery to remove bone spurs from his right ankle, the same one he injured during the 2013 season with Atlanta that sidelined him for the final two months. The expected recovery is eight weeks. THE ASSOCIATED PRESS

Pitch-perfect Hall-of-Famers

MLB. Randy Johnson, one of three pitchers inducted, had 93.7 voting percentage — eighth-highest in history of Hall of Fame

Quoted

"The Hall of Fame was never something that I surely ever thought about."

Randy Johnson

Randy Johnson, Pedro Martinez and John Smoltz, a trio of star pitchers who dominated in an era of offence, were elected to baseball's Hall of Fame on Tuesday along with Craig Biggio, the first time since 1955 that writers selected four players in one year.

The Big Unit, Martinez and Smoltz easily earned induction on their first tries, and Biggio made it on the third attempt after falling two votes shy last year. Steroids-tainted stars Roger Clemens, Barry Bonds, Mark McGwire and Sammy Sosa remained far from election.

Johnson, a five-time Cy Young Award winner with 303 victories and 4,875 strikeouts, was selected on 534 of 549 ballots by veteran members of the Baseball Writers' Association of America. The left-hander's 97.3 percentage was the eighth-highest in the history of voting.

"I don't think people quite understand how difficult it is to be 6-foot-10 and be throwing a ball 60 feet, six inches away," Johnson said. "In order to do that, you have to be consistent with your release point and where you're landing and your arm slot and all that. For someone 6-1, 6-2, there's less body to keep under control, so it's a lot easier."

Martinez, a three-time Cy Young winner with flamboyance to go along with his fastball, appeared on 500 ballots (91.1 per cent). Martinez was 219-100, struck out 3,154, led the major leagues in ERA five times and in 2004 helped the Boston Red Sox to their first World Series title in 86 years.

Smoltz was picked on 455 ballots (82.9 per cent) and will join former Atlanta teammates Greg Maddux and Tom Glavine, who were inducted last summer along with Chicago White Sox slugger Frank Thomas. Smoltz, the 1996 NL Cy Young winner, was 213-155 with 154 saves, the only pitcher with 200 wins and 150 saves. He went 15-4 in the post-season.

Biggio appeared on 454 ballots, 42 more than the 75 per cent needed and up from 68.2 per cent in his first appearance and 74.8 per cent last year. A catcher who shifted to second base and spent three seasons in the outfield, he had 3,060 hits and 668 doubles in 20 big league seasons.

THE ASSOCIATED PRESS
WITH FILES FROM THE CANADIAN PRESS

From left: Pedro Martinez, Randy Johnson, John Smoltz and Craig Biggio were elected into baseball's hall of fame on Tuesday. THE ASSOCIATED PRESS FILE

Bouchard bounces top-ranked Williams

Top-ranked Serena Williams slumped to a 6-2, 6-1 loss to Canadian star Eugenie Bouchard at the Hopman Cup on Tuesday in Perth, Australia. The Canadians clinched the Group A match against the United States when Vancouver's Vasek Pospisil beat John Isner 6-3, 7-6 (4) in the men's singles. WILL RUSSELL/GETTY IMAGES

NFL. Prosecutors cite O.J. in ex-Patriots' murder trial

Jurors will get to see Aaron Hernandez's trophy case when they visit his home during the former New England Patriots star's murder trial, a judge ruled Tuesday.

Assistant District Attorney William McCauley had sought to have the case hidden, saying the defence wanted "to get the benefit of having the jury be impressed by trophies or medals."

Prosecutors also cited the O.J. Simpson murder trial in arguing that they wanted to avoid what they called "strategic manipulation" of the home. In the Simpson case, photographs and pictures were placed in the home to portray the defendant as a family man, and a Bible was placed on a table to play to jurors' religious sympathies, prosecutors said in a court filing.

Hernandez's lawyer, James Sultan, argued that the house should be shown to the jurors exactly the way it was at the time of Odin Lloyd's death.

Aaron Hernandez GETTY IMAGES FILE

Fall River Superior Court Justice Susan Garsh agreed with the defence, saying the trophy case would remain uncovered.

Hernandez has pleaded not guilty to killing Lloyd, a semi-professional football player. Hernandez was a tight end for the Patriots when prosecutors say he killed Lloyd in an industrial park near his North Attleborough home in June 2013. Lloyd, 27, was dating the sister of Hernandez's fiancée, Shayanna Jenkins.

THE ASSOCIATED PRESS

NFL. Dog, not Saints player, injured woman: Lawyer

A lawyer for New Orleans Saints sack leader Junior Galette said a woman accusing the player of battery had her earring ripped out and was scratched by a dog that was reacting to her yelling.

Galette and his cousin, Terrance Banks of Newark, N.J., were arrested Monday after a 22-year-old woman alleged the men assaulted her during an argument at Galette's home in the New Orleans suburb of Kenner.

In a written statement issued Tuesday, attorney Ralph Whalen said four witnesses, including Galette's girlfriend, and a video recording all corroborate the player's version of events.

The NFL team's general manager, Mickey Loomis, said the club would take a deliberate approach to dealing with the Galette matter.

Galette's first court appearance is tentatively set for Feb. 26 in Kenner city court.

On Monday, the alleged victim told police an argument began when Galette asked her to leave and refused to provide cab fare. She told authorities that Galette shoved her and Galette and Banks pinned her down, making it difficult for her to breathe.

Junior Galette GETTY IMAGES FILE

According to police, she said she was able to get up and grab a knife, fearing she'd be attacked again, then Galette began recording her and she put down the knife before being carried out of the house by Banks. THE ASSOCIATED PRESS

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2015 Volvo S60 T6 Drive E

- **Type.** Four-door, front-wheel drive, compact-to-midsize luxury sedan
- **Engine.** 2.0-litre turbocharged I4 (302 hp)
- **Transmissions.** Eight-speed automatic
- **Price.** $44,295 base, $53,145 as tested

Market position

Sedan variant of Volvo's entry-level family of sedans (S60), wagons (V60) and crossovers (XC60). Market appeal is designed around safety and a clean interior design.
The T5 has a new 2.0-L turbo four-cylinder engine, good for 240 hp. The T6 combines turbocharging and supercharging — good for 302 hp.

Points

- A mid-cycle revision for 2014 included new body panels from the A pillars forward and a revamped interior.
- A new line of Drive E four-cylinder engines all come with a start/stop feature for improved fuel economy, and an Eco+ mode that adjusts the engine and cuts off accessories as soon as possible.
- A new 8-speed automatic transmission.

The S60 boasts as much safety tech as anything in its class.

Safety features

An IIHS Top Safety Pick, it received NHTSA's five-star rating for crash performance and is one of few vehicles in this segment to pass IIHS's tough small overlap frontal crash test. Safety systems include pedestrian and cyclist detection with automatic braking and city safety (warning and braking when approaching a vehicle too quickly).

Still Swedish but more efficient

PHOTOS: MIKE GOETZ

Review. Although now owned by China's Geely, Volvo's new S60 was designed and engineered in Sweden

MIKE GOETZ
drive@metronews.ca

Volvo has long provided a strong Swedish alternative in a luxury market dominated by German brands.

So Volvo fans have been holding their breath ever since Chinese automaker Geely purchased the brand from Ford in 2010. Would Volvo continue to be Swedish-centric?

Well, so far, so good. Most aspects of Volvo's engineering and design continue to originate from Sweden, and Geely has demonstrated it is willing and able to invest in future Volvo products.

The transformed S60 is one of the first Volvos to feature the new Drive E line of fuel-efficient yet powerful, direct-injection four-cylinder engines, all with an automatic start/stop function. With various levels of turbo and supercharging, and a future hybrid-electric option, these engines will eventually power all Volvos.

The S60 line starts at the T5 ($39,595), with a 2.0-litre turbo Drive E engine with 240 hp. Our tester was an upscale T6, which packs a 2.0-litre engine with both turbocharging and supercharging to produce 302 hp. The theory is to use supercharging for power at low revs and turbocharging at high revs, and it works just as advertised. I couldn't detect any handover issues, just lots of grunt all the time.

The restrained but gorgeous interior is both functional and elegant.

Although the engine is lusty, it remains civilized and quiet — unless you really push the pedal to unleash its mean side. It is a charismatic motor, which is a good thing, because the S60's handling is less so.

The S60 remains a nice, smooth ride, although its front-wheel-drive architecture is not really in the same league as the rear-wheel designs from Germany.

The interior, however, is gorgeous. Rendered with characteristic Scandinavian restraint, it is both functional and elegant. If you think some luxury cars have too much visual interior stimulus, this might suit your style.

My T6 had sport seats, which were very therapeutic and supportive. Even though the rear-seat area is smaller than some competitors, the seats themselves are a cut above.

The S60 is packed with as much safety technology as anything in its class — lane-keeping assist, torque vectoring for safer cornering, blind-spot detection, pedestrian and cyclist detection with full automatic braking, and driver alert control.

Always smooth, powerful, safe, and distinctly Volvo, the new S60 adds vastly improved fuel economy to its list of attractions.

What's not to like?

Compare

1 Acura TLX Tech V6
Base price: $43,864
All new for 2015 with a 290-hp V6 engine and front-wheel drive with all-wheel steer.

2 BMW 335i
Base price: $53,295
Boasts a 300-hp inline 6, with lots of visual horsepower, too.

3 Cadillac ATS 2.0L turbo
Base price: $39,373
A sporty rear-wheel drive with 272 hp. But the back seat and trunk are a bit tight.

Shift: Technology, trends, hybrids and new vehicles

VW adds hydrogen fuel cell to Golf's list of drive options

With the introduction of its hydrogen-fuel-cell Sportwagen HyMotion Concept, Volkswagen's Golf becomes the first car to entertain all drive types that are currently available. The front-wheel-drive HyMotion Concept accelerates to 100 km/h in 10 seconds. With hydrogen stored in four high-tech carbon-fibre tanks (located in a space-saving way in the underbody), the car has a driving range of 515 kilometres. Refuelling takes just three minutes. An onboard lithium-ion battery stores the kinetic energy recovered from regenerative braking, assists in the starting phase of the fuel cell and adds a dynamic boost to the car's maximum acceleration. All that's needed now is a hydrogen-fuel infrastructure to support it.

ALL STORIES AND PHOTOS FROM WHEELBASEMEDIA.COM

The technology used in the hydrogen-powered HyMotion Concept from Volkswagen appears much the same as in the upcoming Toyota Mirai.

Audi's new diesel-electric hybrid merges the benefits of both power sources. The V6 should greatly improve highway fuel economy.

Diesel and hybrid-electric combination will power Audi's larger models

Audi's flagship sedan, the A8, will soon be available with a new e-tron hybrid drivetrain, using a 3.0-litre V6 diesel engine.

The new model follows the smaller A3 e-tron Sportback, which uses a 1.4-litre engine paired to an electric motor, according to the Auto Express website. The new setup will be used to power Audi's larger models and will be rolled out across the large-vehicle lineup after the A8.

Audi said the new system would have 368 horsepower and an all-electric range of 50 kilometres, which would handle the bulk of daily city driving.

Audi board member for technical development, Ulrich Hackenberg, said the new system will go into production early in 2015.

Shift points

- Chinese media reports that electric-car sales in that country overtook those of the United States in September. Buyers in China bought 11,991 cars with plugs, against 10,551 sold in the U.S., according to an article on the web news site Sina Auto.
- Tesla has opened new Supercharger locations in London and Birmingham, England, as part of a network expansion that will allow Model S owners to drive anywhere in the country and charge for free, for life.
- Plug-in hybrids are merely a "bridging technology" to the universal adoption of pure battery-electric vehicles, says the head of powertrain development at Volkswagen. Heinz-Jakob Neusser said the ultimate goal is entirely battery-electric vehicles that take advantage of a ubiquitous network of fast-charge stations.

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France's postal service uses electric vans and bicycles to deliver smaller quantities of mail. JIL MCINTOSH

Delivering the final step to battle gridlock

Driving Force. Businesses must find better ways to transport goods from warehouses to stores and homes

JIL MCINTOSH
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When experts talk about sustainable transportation and solving traffic woes, most of them concentrate on personal cars and public transit. But there's another piece of the puzzle that needs to be addressed: last-mile logistics.

That's the name given to the final delivery of goods as they're shipped from warehouses to stores, restaurants, businesses or private homes. About 20 per cent of all city traffic is related to last-mile delivery, so optimizing it could reduce the number of trucks on our streets and the corresponding traffic congestion, as well as cut down significantly on emissions and air pollution.

"The right vehicles need to be used for each type of (cargo) movement, so customers can select the most convenient commercial vehicles in each situation," says Yoshihide Maeda, senior managing director for truck manufacturer Hino Motors. "When you're talking about the future, you cannot avoid the issues of energy and the environment."

Currently, the general business model is to store items in warehouses until a customer orders them, and then load them onto a truck for delivery.

Although the first miles of delivery, from the factory to the warehouse, are fairly efficient (with ships, trains and tractor-trailers usually filled completely on each trip), last-mile deliveries are often made using large or medium-sized trucks loaded to only a fraction of their capacity.

One solution, Maeda says, is for fleets to include a variety of vehicles and use the appropriate one for each task.

"Conventionally, diesel has been used for everything, but there may be better choices for other distances," he says. "Electric vehicles and plug-in hybrids are convenient for high-frequency, small-item delivery in cities. Then you would use hybrid vehicles or (hydrogen) fuel cells for medium distances, and diesel will continue for long distance."

Although vehicles play a major role in the issue, experts agree that infrastructure needs to change as well. Last-mile deliveries can bottleneck when retailers don't have sufficient loading docks or storage space, so wholesalers have to keep sending partially loaded trucks.

Other potential solutions include manufacturers pooling their warehousing and deliveries to retailers; setting up "package stations" where retailers or consumers can pick up their products; designing stores to be better equipped for efficient last-mile delivery; and trucks with modular loading for improved capacity.

Of course, there will be challenges, and planners will have to solve such issues as the costs of retrofitting existing fleets and stores, as well as convincing competitors to work together on shared resources.

Optimized options

- France's postal system uses a variety of vehicles for last-mile delivery, including small electric cargo vans for parcels and mailbags, and electric-assist bicycles for letter carriers.
- Drones will play a role with inner-city deliveries, as well as carrying food and medicine to remote areas or people trapped in disaster zones.
- Compact cargo vans, such as Ford's Transit Connect and Nissan's NV200, have already helped optimize small-item deliveries for many Canadian companies.

Quoted

"Electric vehicles and plug-in hybrids are convenient for high-frequency, small-item delivery in cities ... diesel will continue for long distance."
Yoshihide Maeda, Hino Motors

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

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→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Control your feelings today, especially if someone you thought you could trust lets you down. Don't get upset about something you can't change.

♉ Taurus
April 21 - May 21
A colleague you thought you could rely on will say something that makes you realize they are not on your side after all. End the association if you think that's the right thing to do.

♊ Gemini
May 22 - June 21
Your current big idea may be wonderful but don't shout about it too loudly. In fact you should keep it to yourself at least until the end of the week.

♋ Cancer
June 22 - July 23
You may feel confident but the planets warn you should think before taking on authority. If you feel the need to prove yourself wait until Mars changes signs on the 12th.

♌ Leo
July 24 - Aug. 23
Form a picture in your mind of where you'd like to be a year from now and then start doing the things that will make it happen. All things are possible but you need to plan ahead.

♍ Virgo
Aug. 24 - Sept. 23
Something you have spent months trying to get right will solve itself over the next 24 hours. Accept the situation and get on with your life.

♎ Libra
Sept. 24 - Oct. 23
Someone you don't get along with will be friendly towards you today and you're right to be suspicious. According to the planets, they're up to no good.

♏ Scorpio
Oct. 24 - Nov. 22
You are full of energy but don't expect other people to be as active as you. Just because you are racing around does not mean everyone has to follow.

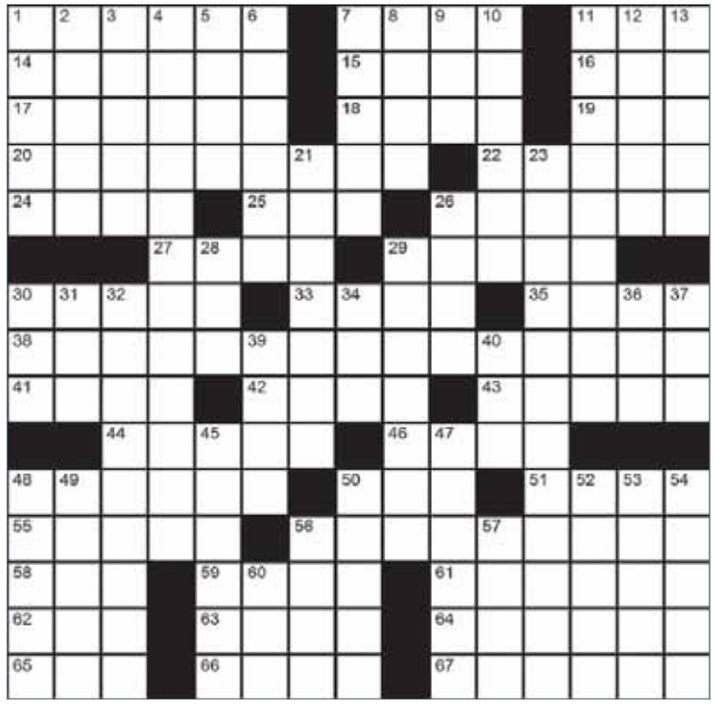
♐ Sagittarius
Nov. 23 - Dec. 21
Be careful what you say over the next 24 hours because if you say too much you could hurt a friend's feelings and chances are they won't be a friend for much longer.

♑ Capricorn
Dec. 22 - Jan. 20
You may worry that you have fallen behind in your schedule but the planets indicate there is plenty of time to catch up. In your personal life and at work make this a day of planning.

♒ Aquarius
Jan. 21 - Feb. 19
You might be tempted to argue with someone whose opinions you find offensive but they are likely deliberately trying to provoke you into overreacting.

♓ Pisces
Feb. 20 - March 20
Have faith in your own abilities, even if people have made it clear they think you are taking on too much. Success depends on may things but most of all it depends on confidence.

Crossword: Canada Across and Down by Kelly Ann Buchanan



Across

1. Sea between Australia and New Zealand
7. Bobby Orr's number
11. Rapper, Mos __
14. Eminent: 2 wds.
15. Provo's place
16. Galilee's locale [abbr.]
17. Cute-style farm animal
18. World's longest river
19. '60s lettered car
20. Paperback place-savers
22. Ms. Neuwirth's
24. Aleutian island
25. Lana Del __
26. "Wait...": 2 wds.
27. __ Only (Canadian Hip-Hop artist)
29. Commuter's currency
30. "Real Time with Bill __"
33. Doubleton
35. Count on
38. National Ballet of Canada star: 2 wds.
41. Dix - trois = __
42. Line above the equator, _. __.
43. Grabs
44. __ Sound, Ontario
46. "American __"
48. French silent film actress, Renee __ (b.1898 - d.1933)
50. Slash's old li'l band
51. George Lucas character
55. Flower's sepals, collectively
56. Downward-Facing Dog, and others: 2 wds.
58. Very: Spanish
59. Wing-like
61. One stopping the TV show
62. Tolkien creature
63. Lengthy
64. Whole
65. Fr. holy woman
66. Actor Mr. Wilson
67. Pay close regard to again

Down

1. Alberto __ (Olympics skiing champ from Italy)
2. Underway
3. Nose-in-the-air type
4. Michael Dowse's Canuck flick "Fubar" (2002), for example
5. Mr. Egoyan
6. New Jersey airport city
7. Wilson Pickett's "__ Broadway"
8. Actress Carre
9. 'Concept' completer
10. Antelope of South Africa
11. Nova Scotia... Narrow peninsula on the Fundy Coast: 2 wds.
12. Cosmetics company, __ Lauder
13. New England poet Robert
21. Fix up makeup
23. Official name of Winnipeg's famed Golden Boy statue: 2 wds.
26. North: French
28. Grampus
29. NFLD: Historical community on Fogo Island
30. Gov. gigs
31. "__ We There Yet?" (2005)
32. Boucherville-born politician, Sir Louis-__ Lafontaine (b.1807 - d.1864)
34. Small battery
36. Novelist Harper
37. 2015, et al.
39. Curtly concerning: 2 wds.
40. _ __ Z
45. Edmonton Oilers home, __ Place
47. Don __ (Jon Hamm's "Mad Men" role)
48. Tops
49. Intimidate
50. Valley variety
52. Actor Mr. Davis
53. John __ (Farm equipment company)
54. Comparable to blood's colour: 2 wds.
56. Quickly tug
57. Window piece
60. Mr. Ferrigno

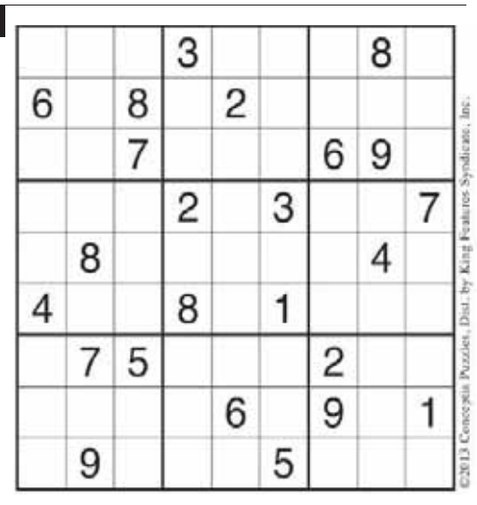
Yesterday's Crossword

Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



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Yesterday's Sudoku

8	4	1	5	6	3	7	2	9
7	2	6	1	9	4	8	3	5
5	3	9	8	2	7	1	4	6
1	9	4	2	3	5	6	8	7
2	8	3	7	1	6	9	5	4
6	5	7	4	8	9	3	1	2
9	6	5	3	4	1	2	7	8
3	7	2	6	5	8	4	9	1
4	1	8	9	7	2	5	6	3

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